



HEEL & TOE Online

Vol. 2026
Issue No. 18
Tuesday
12 May 2026

The official organ of the Victorian Race Walking Club, Inc.
Editor: *Stu Cooper* stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

*H&T Notice Board – Page 18

- 2026 Race Season summary
- Membership, Uniform & Race fees
- LBG Carnival ... name change

TR54.2 and the ageing walker
Page 7

WALKER OF THE WEEK



A huge improvement over 3km by 1:14 to clock **18:34** over 3km at Middle Park on Saturday has earned **Aangi Shah (VIC)** this week's WOTW award.

In her second road season, Aangi is building on what she learned in a consistent winter of racing in 2025 and is showing the confidence to go for improvement in her times. On Saturday she made good use of other walkers in the field, springboarding off them at the end to post a time that she'd set up with strong work in the middle stages.

Aangi was confident enough during the summer season to enter for the AV All Schools and Junior T&F titles, earning podium placings in both before diving into the QSAC cauldron in Brisbane for the AA Junior championships and gaining valuable experience there. She now races with an improved focus and determination, and she looks set for a winter of continued progress and further PBs. Well done, Aangi!

*Honourable mentions

- **Declan Tingay (WA/VIC)** – a terrific top-10 finish (8th) in the Half-Marathon at the classic Podebrady World Gold meet in Czechia on Friday. Dec's time of **1:24:49** gives him 3 of the top 4 Australian times over the distance for 2026.
- **Jaxon Connell (VIC)** – improved his 1km time by 1:07 to clock **5:53** in only his 2nd race over the distance on the road.



CLUB NEWS and RESULTS

*LBG CARNIVAL: ALLOCATED VOLUNTEER DUTIES FOR VRWC

As the Carnival draws closer, the organising committee is finalising the extensive list of tasks necessary to help the event run smoothly. Securing volunteer personnel to take on these tasks is of paramount importance. The VRWC needs to stump up its share.

Since its inception in 1967, organisation of the LBG carnival has rested almost completely upon members of the ACT Race and Fitness Walking Club, with valuable if not always regular input from interstate clubs. In recent years, the small ACTRFWC has punched far above its weight in taking on the bulk of the work, and Race Walking Australia is now calling for assistance from interstate volunteers to help manage the load.

All member RWA clubs have been allocated roles to fill over the course of competition day. The VRWC's job allocation, and time required for them, appear below:

Session 1	Morning	7:30 – 11:30
Session 2	Morning/Afternoon	11:20 – 1:00
Session 3	Afternoon	12:50 – 2:00
Session 4	Afternoon	1:50 – 3:00
Session 5	Afternoon	2:50 – 4:15

Role	Duties	Time required
Lap score assistants X 2	Write down lap times for assigned athletes, ensure all laps accounted for.	*All sessions
Call room assistant #1	Act as pre-race assembly marshal, check athletes in, direct them to start line when called.	*All sessions
Red card collector (bike)	Ride around course during race, collect reds and Judge report sheets, present these to Chief judge recorder.	Session 3
Set up Saturday X 2	Assist with setting up equipment for Sunday.	Sat 2:30 to 4:15
Pack up Sunday X 3	Assist with pulling down and packing up after final race.	Sun PM

*Please note that the **Lap score assistants** and **Call room assistant** roles, while required all day, do not need the same person to be on duty the whole day. They can pick and choose the session(s) for which they'll be available. The roles can be shared by two or more people.

The Lap score assistants in particular perform an indispensable job and are crucial the athletes' successful racing experience. We want to fill all of our allocated roles, but this one especially!

Set up and pack up (Sat and Sun afternoons) requires as many hands to the wheel as possible, particularly if the weather is disagreeable – the sooner it's done and we can all get away from there into the warm, the better!

Available? Contact Stu !

Please consider which of these roles you can take on and contact Stu ASAP at stuwalks@yahoo.com.au , or by phone at 0421 470 949. I am the VRWC's Volunteer Coordinator so *all communication should come to me*. Once our list of volunteers and their jobs is finalised I will issue a roster to all members.

Afternoon Coordinator needed

Note that I will be Volunteer Coordinator only until 1:00pm on race day. After this I will be race judging, so we will need somebody to pick up the role at that time. The Coordinator's job is simply to ensure that nominated VRWC volunteers are at their stations at the required times. It will require being in phone contact with our volunteers throughout the day. Please let me know if you can help.

The VRWC's success as a club has always has always rested in large part on our willingness to roll up our sleeves and pitch in, to whatever extent we can.



A determined Dec Tingay, on the shoulders of Christopher Linke (GER) and winner Francisco Fortunato (ITA)

- The 94th annual Podebrady Race walking classic (World Tour Gold) Half-Marathon saw Australia's only entry, **Declan Tingay**, take on 75 rivals and beat all but seven of them, taking 8th place and leaving many highly-

credentialed rivals in his wake. This was Dec's fourth H-M in what has been a pressure-cooker two months of racing. He would no doubt have appreciated the cooler Podebrady conditions after the gruelling heat of Brasilia, and his time of **1:24:49** in the Czech city in was only 1:02 shy of a podium place. Congratulations, Dec!

- Season 2026/27 will see **Rhydian Cowley** and **Rebecca Henderson** both wearing AV top-20 registration numbers in State competitions. As Victorian champions, Rhyd and Bec will wear the laurel wreath on their numbers.



**** LAKE BURLEY GRIFFIN RWA CARNIVAL, CANBERRA**

After an encouraging boost to our numbers at the LBG Carnival in 2025, the VRWC needs an even stronger presence at Stromlo Sports Park this year, to mount a serious challenge for the RWA Brennen Shield. So make use of the June long weekend and see the sights in the nation's Capital ... and have a race or two while you're at it. (See the advert on **Page 19** for the entry link. Remember to download your Information Pack from there, too.)

***This weekend ...**

The first of our **coaching clinics** for the season will be run by Club coach **Mark Donahoo** this Saturday. There is always something useful to take away from these clinics and apply to your racing, so don't miss this opportunity for some of Mark's advice, including attention to that all-important element of our sport – technique.

**** PLEASE NOTE** – the starting times have changed, in line with last week's alteration to cater for the large number of 1km starters. Note that the 1km now starts at 2:10pm, before the 2km start.

**Saturday 16 May – Middle Park
COACHING CLINIC**

12.15pm Coaching information session for coaches
12.45pm Coaching session for athletes, parents and coaches

RACES

2.00pm	8km	Points race	Open
2.00pm	6km	Points race	Open
2.00pm	4km	Points race	Open
2.10pm	1km	Points race	Open
2.20pm	2km	Points race	Open

Entries will be accepted up until 6pm on Friday 15 May. Enter online at <https://www.revolutionise.com.au/vrwc/>

VRWC Club points results, 9 May – Middle Park

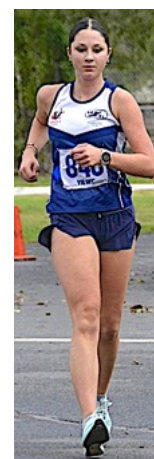
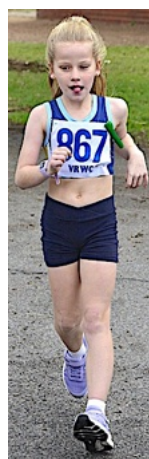
The mid-week wet weather that threatened to leave deep puddles on the course showed mercy and saved us some bailing, allowing the healthy turnout of 48 walkers to race with dry feet. The 1km was where the best action was, with nine PBs resulting and first-year racer **Jaxon Connell** hitting the improvement trail in earnest, tearing off a 1:07 strip from the initial time he set last week. The **Reids** were back in town and showing every sign that they've picked up where they left off last

September, **Ryder** equalling his PB and Fletcher just missing his in taking line honours. **Daisy Hooper** and **Aria di Benedetto** turned on a speed duel over the last 100m with **Daisy** prevailing and both girls clocking good PBs.

It was great to see **Havana Ali** back on the road at Middle Park and taking the win in the 3km over **Alaska Bremner** who had her first points race with the club and gave Havana a good contest. Three walkers had their first outing over 3km and a shout-out to 9yo **Summer Patten** whose **21:14** was an impressive debut. Performance of the day was that of **Aangi Shah** who is making great progress in her second Club season, on this occasion smashing her PB by 1:14.



The 12/10/5km fields set out, with Jonathan and Jordan blazing the trail.



1km Open

1 Daisy Hooper	U10	5:20	PB 0:11
2 Aria Di Benedetto	U12	5:23	PB 0:15
3 Lily Bowkett	U12	5:29	PB 0:03
4 Taylah Bremner	U10	5:46	First 1km
5 Zoe Bowkett	U14	5:57	
6 Abigail Verity	U10	6:04	PB 0:07
7 Nashe Chengetan	U12	6:33	
8 Ava Pravednikov	U12	6:59	
9 Holli Burrell	U10	7:11	PB 0:13
10 Marilyn Reynolds	M40+	7:19	

1 Fletcher Reid	U12	5:00	
2 Fletcher Walters	U12	5:24	PB 0:10
3 Ryder Reid	U10	5:36	eq PB
4 Jaxon Connell	U10	5:53	PB 1:07
5 Bowie Clarke	U10	5:57	
6 Julian Davis	Inv	9:02	First 1km

3km Open

1 Havana Ali	U16	15:44	
2 Alaska Bremner	U14	15:56	
3 Georgia Walters	U12	16:41	First 3km
4 Ella Harris	U14	16:56	
5 Addison Frenken	U14	17:02	
6 Erlyn Singh	U14	17:13	
7 Caitlyn Shipham	U14	18:29	
8 Aangi Shah	U18	18:34	PB 1:14
9 Erin Reid	M40+	19:26	
10 Summer Patten	U10	21:14	First 3km
11 Heather Carr	M60+	22:06	
12 Abby Fowler	U12	22:46	First 3km
13 Anna Dubar	U12	22:47	
14 Anna Wallace	M40+	23:37	
15 Cory Lewis	U10	23:53	
.. Emily Smith	U20	DQ	
1 Shaun Lewis	M40+	23:53	

The 5km saw **Jordan Galbraith** and **Jonathan Ho** score bog PB times, Jordan smashing through the 25:00 barrier for the first time for **24:34** and Jonathan showing determination to cut his times further. **Kobe Lewis** and **Sarah Bevin** had their first crack at 5km and recorded promising first-up times.

Sadly, the days of large or even moderate fields in the 10 and 12km races have become a memory as restricted training time and other factors take a hand. No such issues for **Jia Wen Heng** who embraced her first 12km with a strong showing in **1:13:28**. Jia shows a strong preference for endurance races and will be a feature once again for Mentone AC in the upcoming AV championship races.



5km Open

1 Ariana Pashutina	U20	28:24
2 Carolyn Rosenbrock	M60+	31:27
3 Michelle Horne	M40+	31:40
4 Kobe Lewis	U14	32:41 First 5km
5 Sarah Bevin	M40+	34:02 First 5km
6 Emilie Garside	Op	34:56
7 Donna-Marie Elms	M60+	35:19

1 Jordan Galbraith	Op	24:34	PB 0:48
2 Jonathan Ho	Op	27:07	PB 0:34
3 Kevin Cassidy	M60+	29:00	
4 Arthur Robinson	U18	34:16	
.. Robert Gardiner	M60+	DNF	

10km Open

1 Karyn O'Neill	M60+	1:14:07
-----------------	------	---------

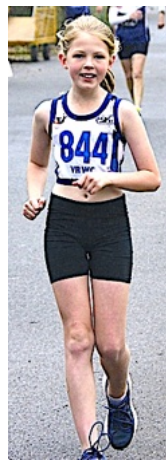
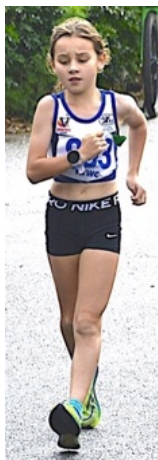
12km Female

1 Jia Wen Heng	Op	1:13:28	First 12km
1 Terry O'Neill	M60+	1:19:52	

****Handicap results***

Name	Gn	Age	HT	HP
Donna-Marie Elms	F	M60+	0:05:34	2
Sarah Bevin	F	M40+	0:04:49	1
Michelle Horne	F	M40+	0:04:55	2
Erin Reid	F	M40+	0:05:14	3
Marilyn Reynolds	F	M40+	0:05:40	4
Anna Wallace	F	M40+		NPT
Shaun Lewis	M	M40+	0:12:44	1
Heather Carr	F	M60+	0:05:12	1
Karyn O'Neill	F	M60+	0:05:52	3
Carolyn Rosenbrock	F	M60+	0:06:23	4
Kevin Cassidy	M	M60+	0:04:53	2
Robert Gardiner	M	M60+		DNF
Terry O'Neill	M	M60+	0:04:25	1
Emilie Garside	F	Op	0:06:21	2
Jia Wen Heng	F	Op	0:04:44	1
Jordan Galbraith	M	Op	0:03:42	1
Jonathan Ho	M	Op	0:04:06	2
Taylah Bremner	F	U10	0:05:16	4
Holli Burrell	F	U10	0:04:47	3
Daisy Hooper	F	U10	0:04:44	2
Cory Lewis	F	U10		NPT
Summer Patten	F	U10		NPT
Abigail Verity	F	U10	0:04:30	1
Bowie Clarke	M	U10	0:04:56	3
Jaxon Connell	M	U10	0:04:42	1
Ryder Reid	M	U10	0:04:52	2
Lily Bowkett	F	U12	0:05:09	4
Nashe Chengeta	F	U12	0:04:52	2

Aria	Di Benedetto	F	U12	0:04:59	3	
Anna	Dubar	F	U12	0:08:09	5	
Abby	Fowler	F	U12		NPT	
Ava	Pravednikov	F	U12	0:04:48	1	
Georgia	Walters	F	U12		NPT	
Fletcher	Reid	M	U12	0:05:04	2	
Fletcher	Walters	M	U12	0:04:43	1	
Zoe	Bowkett	F	U14	0:04:57	6	
Alaska	Bremner	F	U14	0:04:02	4	
Addison	Frenken	F	U14	0:05:05	7	
Ella	Harris	F	U14	0:02:50	2	
	Kobe	Lewis	F	U14	0:03:06	3
Caitlyn	Shipham	F	U14	0:04:06	5	
Erlyn	Singh	F	U14	0:02:44	1	
Havana	Ali	F	U16	0:04:41	1	
Aangi	Shah	F	U18	0:03:45	1	
Arthur	Robinson	M	U18	0:04:26	1	
Ariana	Pashutina	F	U20	0:05:46	1	
Emily	Smith	F	U20		DQ	



***This week's action models:**

Bowie, Sarah, Fletcher W, Nashe, Ariana, Lily, Jaxon, Taylah, Havana, Terry, Bob, Aria, Ryder, Ella, Kevin, Addison, Daisy, Alaska, Summer, Holli, Donna-Marie, Fletcher R, Erlyn, Zoe, Georgia

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

If you help out in any way, please write your name on the Official's list (located on the Canteen bench in the clubroom), so that we can acknowledge you.

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Mark Donahoo
Timekeeper	Ian Laurie, Kris Shipham
Recorders	Duncan Knox, Tim Erickson, Bill Carr, Mark Donahoo, Alla Pashutina, Kylie Irshad, Jackie Fowler
Judges:	Gordon Loughnan (Chief), Bec Lewis, Danielle Clarke, Stu Cooper, David Cash, Shane Bicknell
Set up, Pack up:	Terry Swan, Stu Cooper, Ian Laurie, Tim Erickson, Duncan Knox, Shaun Lewis, Bill Carr
Bike rider	No
Photos	Terry Swan
Canteen	Donna Marie Elms
Walkers:	48

JUDGING



MATTERS

Rule TR54.2 and the ageing walker

Few issues cause racewalk judges more concern than that of how to judge the older walker who, for whatever reason, has become physically incapable of straightening their legs sufficiently to comply with World Athletics Technical Rule 54.2. The rule states that the “*advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.*” In Australia, as with all other countries where race walking is governed by

World Athletics, accredited judges have been trained to assess compliance with TR54.2 whatever the age or background of the competitor, and to apply yellow paddle advisories or the sanction of red card issue in cases of observed non-compliance. This applies in races across the board but especially in state or national championships. Pretty straight-forward ... until it isn't.

The Masters-age walker (35years and up) who was not hitherto a junior or Open age walker usually comes to the sport along one of three pathways – (1) as an athlete whose background is in running or another event; (2) as a former player of another sport, or (3) a person with no prior involvement in competitive sport, though they may exercise for health. For such people, racewalking is an appealing alternative given its relatively low impact and injury risk compared to other sports which, through reduced physical capacity, may no longer be an option for them.

The first challenge almost all of these intrepid souls face is complying with the straight leg rule. And, as has been observed pretty much since reference to leg straightening first appeared in the rules in 1956, it's a challenge that becomes increasingly hard to meet as age advances and knee structures deteriorate. Admittedly, strengthening and flexibility work as part of a systematic training program can, and does, make compliance possible for a large number of older walkers, at least to the point where they can satisfy a judging panel. However, sufferers of specific permanent knee conditions (osteoarthritis, incapacity due to impact trauma or degenerative illness etc) are in an unenviable position. No matter how hard they try, they cannot make those knee joints behave as they should in a race. The judges – who've been given no official authority by WA to make allowances – must act according to what they see.

George White – South Australian Masters Association Secretary, Walks coordinator and historian, holder of five Australian Masters records and winner of five World Masters titles – has provided his own analysis of the predicament he and his fellow Masters face, together with an outline of steps he has instigated to address it.

RACE-WALKING FOR MASTERS ATHLETES

by *George White*

Background

The basic premise for all Masters Sports is to enable athletes to continue in their sport competitively.

In Athletics, to facilitate continuing participation, changes have been made to level the playing field as athletes age. Athletes are separated into five-year age groups for competition, and the other widespread change is the use of Age Grading.

Changes that determine necessary modifications as athletes age include:

- Cardiovascular decline (particularly reduced maximal oxygen uptake (VO₂max))
- Muscle mass and strength loss (including reduced muscle elasticity and tendon stiffness)
- Mitochondrial and cellular energy decline (resulting in muscle fatigue sooner)
- Hormonal shifts – (testosterone and other growth hormones decline, resulting in slower recovery, reduced muscle rebuilding and lower oxygen-carrying capacity)
- Neurological factors decline (resulting in less efficient movement and slower cadence)
- Metabolic efficiency (running economy worsens and lactate threshold reduces)
- Recovery capacity declines (slower muscle repair)
- Biomechanical Changes occur including:
 - Cartilage degeneration
 - Tendon compliance changes
 - osteoarthritis
 - patellofemoral pain
 - hip and lower-back pain
 - Reduced flexibility

Age Grading works well for runners to compensate for these physiological changes that occur with ageing, but it is not sufficient by itself for other disciplines. Changes to hurdle heights and spacing, steeplechase barrier heights and throwing implement weights all further compensate for the physiological changes with ageing.

Modern Race Walking

It was not until the 1956 Melbourne Olympics that the IAAF included a straight leg requirement in the rules. A further change was made in 1972 and then in 1996 the current rule was introduced that requires that the advancing leg shall be straightened from the moment of first contact with the ground until the vertical upright position.

This part of the rule was changed because judges were struggling to apply it consistently as athletes got faster. Further, by the 1990s, elite walkers were approaching speeds where maintaining a visibly straight leg was biomechanically difficult. There is no question that even 5–10° of flexion can give a speed advantage. **But**

only in a young body! The straight-leg rule was designed around the biomechanics of elite younger walkers and punishes natural, age-related gait changes.

In all other disciplines where changes have been made that reflect the ageing process, athletes still feel like they are doing the same event - whether it be much lower hurdles or much lower weights - athletes are still hurdlers and throwers.

No such dignity exists for older walkers!

Current Judging of Masters Walkers

Master's walkers often have naturally softer knees, move with less snap and stiffness and have less exaggerated hip rotation. These are structural limitations, not technique flaws. To some judges, this looks like bent-knee technique even when it's legal.

Further, as older walkers are invariably slower than younger walkers, there is more time for judges' scrutiny. Right now, many masters walkers are judged by standards designed for 25-year-old elites and while judging must be based on what is visible to the human eye, in practice, some judges call bent knee based on:

- gait "style"
- rhythm
- posture
- perceived softness

The Biomechanics of Ageing Walkers

In the case of walking, ageing affects structural issues, lubrication, neuromuscular control, and mechanical efficiency.

There is no compensation for the following in ageing athletes.

1. Reduced Knee Extension Range because of:

- Joint degeneration/ cartilage thinning and joint surface wear (common in Osteoarthritis).
 - Capsular stiffness: the knee joint capsule thickens and loses elasticity.
 - Hamstring and calf tightness resist full extension.
- Effect: Older walkers may lack the last few degrees of knee straightening required by the rule.

2. Loss of Quadriceps Strength.

Age-related muscle loss leads to weaker quadriceps which are required to lock the knee in early stance.

3. Changes to synovial fluid in the knee.

- Reduced viscosity
- Less effective lubrication

4. Tendon and Connective Tissue Changes which slower and weaker knee extension.

5. Proprioception Decline (balance compensation) - a slightly flexed knee improves balance and reduces fall risk.

6. Hip Mobility/Rotation decreases which limit knee extension.

The Effect of these biomechanical Changes and what judges see

- A leg that *looks* softer
- Slight visible flexion under load if fatigued
- A gait that is smooth rather than stiff and clearly age-appropriate – the legs are "functionally" straight.

Some other older walkers may also walk with a relatively flat foot. This confers no advantage! It results in forward momentum being absorbed i.e. braking forces increase with a flat foot, resulting in horizontal deceleration at each step. This is not cheating the racewalking rules, and indeed results in a slower action than could be achieved with a truly "correct" style. They should not then be penalised unless it results in serious bent knees!

AMA has tried to resolve the ageing walker situation by introducing The **No Advantage** modification to the rule. It was voted in unanimously by the Council (representing all states and territories) and has been used successfully in the Hobart and Adelaide National Championships as well as the OMA Championships in Brisbane.

Current AMA Competition Rule Modification

For nationally sanctioned Race-Walking events, the No Advantage concept is to be applied as a modification to World Athletics rule 54.2 for athletes aged 65 and older.

Where older athletes are unable to fully comply with the required "straightened" leg but are not gaining any speed advantage because of a soft knee, then judges shall apply the No Advantage concept and not issue a yellow or red card.

The '**No Advantage**' is there to allow for a slight bending of the knee, particularly in older walkers where a perfectly straight leg cannot be achieved but where these walkers are seriously trying to Race Walk correctly. It is not there to condone a distinct bent leg creep (which invariably occurs when trying to go too fast).

While still open to interpretation, as for all walk judging, it is expected that judges will show leniency towards older walkers. Older walkers should still look like race walkers with a largely straight leg and high toe in contact.

However, this modification has seen push back from at least one state and one territory. Some judges do not wish to entertain any modification to the rule and others have trouble understanding and applying the change.

We clearly need to revisit how we can assist older walkers to keep them in competition. There are older walkers blessed with the ability to consistently walk with a straightened leg but they are the exception and would not be disadvantaged amongst their peers because their technique will always be faster than a softer knee in

The Throws Example

Performance decline in throwing events is driven by loss of power production, tissue elasticity, and neuromuscular speed. Throwing is a high-velocity, whole-body explosive action, and ageing affects every link in that kinetic chain. Ageing alters power production, joint motion, elastic energy use, and movement speed at each stage. There is:

- Loss of Explosive Muscle Power
- Slower Neuromuscular Activation
- Tendon and Connective Tissue Stiffness
- Reduced Joint Mobility
- Balance and Postural Control Changes

In Master's competitions implement weights are progressively reduced from age 50 to 80, to compensate for these factors - preserving technique and safety while maintaining meaningful competition standards.

older walkers.

Objective

I would clearly like to see an outcome that sees a change that would ensure the continuing participation of older race walkers, in the same way that athletes in other disciplines have been catered for.

1. The No Advantage remains a serious option but its description could be modified to make it more acceptable, particularly to open judges.
2. We do not apply any modification but issue guidance to judges for the over 65's.

The rule says the knee must be straightened from first contact until vertical upright. **Judges would need to accept that a straightened leg for a Masters walker is different to that of a younger walker.** Judges could apply a more forgiving interpretation - i.e. give them the benefit of the doubt because their gait is clearly age-appropriate. Many judges, while they may not wish to admit it, sub-consciously already are more lenient towards older walkers.

The rule would stay the same, but guidance could be issued:
"For master's athletes, legal straightness should be interpreted in the context of age-related changes. However, to preserve the identity of race walking, this guidance should not eliminate the straight-leg requirement entirely and walkers should maintain recognisable race-walking technique." An allowable range of knee flexion could be quoted i.e. $\leq 5-8^\circ$ but it is probably unnecessary if the recognisable technique is there.

3. Another solution?
4. A flat rejection and admittance that older walkers should give up the sport.

George White

Thank you to George for this material. There is a lot to process here, and I invite readers of any age, location or experience level to share their thoughts on what George has outlined. I feel he is speaking, not just for the current crop of Masters walkers, but for those to come in the future. For myself, I will only say that, as a former competitor and now judge and coach now in his 50th year of continued engagement with this wonderful sport, the last thing I want is for the ageing walker to be driven out of it for physical reasons beyond their control.

Please address any feedback to me at stuwalks@yahoo.com.au for publication in the occasional column *Viewpoints*. If you'd rather your response be posted anonymously, please say so.



AROUND THE COUNTRY

*CORRECTION ... The PB that wasn't

In last week's results from the UniSports championships, **Myles Ashby** of UNSW was inadvertently given the time of 21:40.38, which would have given him a 30 sec PB. This was, in fact, Jack McGinniskin's 3rd place time, whereas Myles recorded 24:00.65 – some way off his best – for 4th place.

My apologies to Myles for the error. Thanks to Ann Jugovic for picking up the error.

Stu Cooper

A.C.T. ACTRFWC results, 9 May – Lennox Gardens

Thanks to **Kai Ryan** for the latest ACT results.

6km		4km	
1 Michelle Bray	30:26	1 Jillian Ryan	22:23
2 Jessica Robson	41:09	2 Sebastian Ryan	24:01
3 Bryan Thomas	52:31	3 Clare Rice	25:07
2km			
1 Katharina Johnson	14:10		
2 Jim White	17:01		

SOUTH AUSTRALIA SARWC results, 9 May – South Parklands

Cooper Rech reports from Adelaide, where a 10km handicap race was on offer along with shorter scratch races:

Congratulations to **Alex McEwan** for winning the Knight & Campbell Shield, the trophy awarded to the winner of our 10km handicap race each year. Also impressive was **Jack White**, who walked his first ever 10km, building upon a productive summer season by joining us for the first time. **Rachel Pemberton** also shed a few seconds from her 2km PB, continuing her impressive start to the winter season.

	Actual Time	Handicap Time
10km		
Alex McEwan	1:16:58	1:16:58
Peter Crump	1:09:57	1:17:27
Cooper Rech	52:03	1:18:23
Marie Maxted	1:11:54	1:18:54
Jack White	1:02:36 FT	1:19:06
Tristan Camilleri	52:04	1:19:49
Mel Grantham	1:12:04	1:24:04
8km		
Bill Starr	1:10:08	
4km		
Orlando Grantham	28:33	
2km		
Rachel Pemberton	13:47 PB 0:06	
Amaya Cowling	14:08 FT	
1.5km		
Saxon King	8:53	
Amity Cowling	9:44 FT	

TASMANIA TRWC results, 9 May – Queen's Domain

Thanks to **David Moore** for this report:

A fine Saturday afternoon for our walkers on the Queens Domain today.

Accolades this week to newcomer **Mckenzie Bird** with a very fine first up effort over 1.5km, showed she has sound walking technique. Her Kingston LA teammate **Sophia Carr** also impressed with her 1km split (9:52) much faster than her existing 1km PB.

Not to be outdone by our younger brigade, **Sam Leitch** 29 took seconds off his 3km PB on our toughest course (it has a nasty hill at outward turn and significant camber) – Well done Sam!



Taswegian action at Queens Domain. (Photos: David Moore)



Sam & Sam

1km

1. Grace Henessey Kingston LA 7:40

1.5km

1. Dot Sussmilch-Leitch Hobart LA 12:20
 2. Mckenzie Bird Kingston LA 13:15
 3. Sophia Carr Kingston LA 15:02

2km

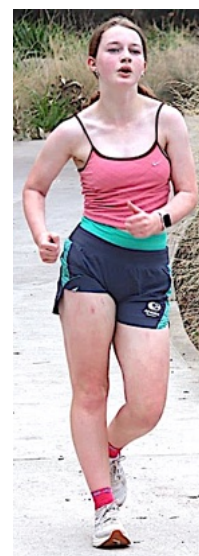
1. Elsie Woodward OVA 15:17
 2. Kate Dix TMA 15:52
 3. Austin Hucker Huon LA 16:21
 4. Gabe Dix Clarence LA 16:39
 5. Dave Moore TMA 20:18

3km

1. Charlotte Dix ESAC 19:19
 2. Elizabeth Leitch TMA 21:22
 3. Sam Leitch TMA 21:49
 4. Adele Woodward OVA 22:42
 5. Sam Hucker Huon LA 25:03
 6. Sara Leitch TMA 30:41

5km

1. Wayne Fletcher NSAC 48:06



Charlotte

WESTERN AUSTRALIA WARWC results, 10 May – Woodbridge

Terry Jones reports that more cool, calm and sunny conditions greeted the WARWC walkers for their Handicap races on Sunday.

10K Handicap

Andrew Duncan 1:01:08

5K Handicap

Marcela Ruiz 39.49
 Karyn Tolardo 32.38
 Sierra Thompson 33.03
 Glenys Duncan 49.46
 Brad Mann 28.58
 Steve Travell 49.07

3K Handicap

Rahni Fowler 18.21
 Hannah Clausnitzer 17.18
 Karyn Tolardo 20.15
 Addison Roots 17.15
 Makenzie Sillitto 17.30

1.5K Handicap

Ruby Kilworth 10.52
 Symphony Scott 11.28



INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

CZECHIA: 94th Podebrady Walking 2026, 8 May - Podebrady

Fortunato and Garcia Leon reprise Brasilia H-M wins

By Nicola Maggio (reprinted from *Marcia dal Mondo* – 8 May)



Half Marathon Race Walk Women

A compact group for the first 5km was led by the favorites, **Kimberly Garcia Leon (PER)**, **Antonella Palmisano (ITA)** and **Paula Milena Torres (ECU)**.

The group thinned out and shortly after the passage at 7.095 Kimberly Garcia Leon and Antonella Palmisano passed in 30:29 with a few meters of advantage over Paula Milena Torres. In the next lap Garcia Leon forced the step and stayed a few meters ahead of Palmisano. They moved on to 8,095: Garcia Leon (34:43), Palmisano (34:48), Torres (34:53).

At half-way the situation was as follows: always in the lead Garcia Leon (43:20), followed by Torres (43:27) and Palmisano 43:13). Behind them **Lucia Redondo (ESP)** broke from the first position of 1:28.

During the 12th lap they changed positions at the top of the race. Paula Milena Torres was stopped in the penalty area for 120 seconds; afterwards she would be DQed after the 4th red card for bent knees.

The passage at 12.095km was: Garcia Leon (51:56), Palmisano (52:21). Redondo followed at 1:54 from the leader while Torres was in fourth place standing by 2:23.

At 13.095km Garcia Leon led in 56:14 and Palmisano was 32 seconds behind. Garcia Leon reached 15.095km in 1:05:01 with Palmisano 36 seconds behind. With 4km to go Garcia Leon had a lead of 46 seconds, her maximum lead during the race. There was a small recovery by Palmisano in the final part of the race.

Women Half-Marathon Walk

1.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:31:44
2.	Antonella PALMISANO	06 AUG 1991	ITA	1:32:21
3.	Lucia REDONDO	03 AUG 2003	ESP	1:34:22
4.	Lauren HARRIS	23 JUL 1999	USA	1:36:04
5.	Ana DELAHAIE	13 MAY 2004	FRA	1:36:42
6.	Ema KLIMENTOVÁ	06 JAN 2005	CZE	1:36:59
7.	Kristina MOROZOVA	18 JAN 2001	KAZ	1:37:20
8.	Clémence BERETTA	22 DEC 1997	FRA	1:37:43
9.	Giada TRAINA	17 APR 2004	ITA	1:37:45
10.	Theresia Emma MOHR	18 MAY 2006	AUT	1:37:51
11.	Glenda MOREJÓN	30 MAY 2000	ECU	1:37:54
12.	Elisa MARINI	03 MAR 2006	ITA	1:38:00
13.	Johana ORDÓÑEZ	12 DEC 1987	ECU	1:38:36
14.	Hana ČERNÁ	03 NOV 2000	SVK	1:38:50
15.	Elmira KALIMULLINA	28 MAY 2004	KAZ	1:39:08
16.	Nelly LAGRANGE	12 DEC 2004	FRA	1:41:39
17.	Valeria ORTUÑO	27 MAY 1998	MEX	1:41:58
18.	Liv MASSON	30 OCT 2003	FRA	1:42:10
19.	Heta VEIKKOLA	23 MAY 2003	FIN	1:42:54
20.	Marine ROTTIER	05 FEB 2000	FRA	1:42:59
21.	Lena SONNTAG	01 OCT 2004	GER	1:43:06
22.	Anna-Maria GABRIEL	25 JUN 2005	GER	1:44:00
23.	Tiziana SPILLER	23 DEC 2003	HUN	1:45:59
24.	Amélia BŁAŻEJEWSKA	31 MAR 2003	POL	1:47:31
25.	Ruby RAY	12 NOV 2004	USA	1:48:06
26.	Alžběta FRANKLOVÁ	05 NOV 2005	CZE	1:48:07
27.	Enni NURMI	04 JUL 1998	FIN	1:49:18
28.	Adele DUCLOS	16 NOV 2000	FRA	1:50:28
29.	Ema HAČUNDOVÁ	05 MAR 1999	SVK	1:51:21
30.	Izabelle TREFTS	14 DEC 2003	USA	1:51:49
31.	Julia SCHMIDT	10 DEC 2004	GER	1:51:52
32.	Lydia MCGRANAHAN	26 OCT 1976	USA	1:53:49
33.	Venla-Nora NIRKKONEN	19 JAN 2001	FIN	1:53:56
34.	Jana ZIKMUNDOVÁ	02 OCT 2002	CZE	1:57:38
35.	Rachel BOUQUIN	02 MAR 2004	FRA	1:58:36
36.	Dagmara HOLECOVÁ	1983	SVK	1:59:50
37.	Štěpánka POHLOVÁ KUČEROVÁ	08 JAN 1987	CZE	2:01:56

38.	Michaela ŘÍHOVÁ	2001	CZE	2:03:42
39.	Klára HLAVÁČOVÁ	01 APR 2003	CZE	2:10:03
40.	Katie SMITH	25 DEC 1987	USA	2:11:35
41.	Nelly BUGÁROVÁ	09 APR 2001	CZE	2:14:51
42.	Vivien UVÍROVÁ	2003	CZE	2:15:48
	Erin TAYLOR TALCOTT	21 MAY 1978	USA	DNF
	Bianca ZOBOLI	08 APR 2006	ITA	DNF
	Tabea KIEFER	22 APR 2005	GER	DNF
	Eleonora Anna GIORGI	14 SEP 1989	ITA	DNF
	Kylie GARREIS	20 JUL 2005	GER	DNF
	Paula JUAREZ	30 OCT 2000	ESP	DNF
	Michelle CANTÒ	14 JUL 2005	ITA	DNF
	Marine MERBITZ	22 NOV 2006	FRA	DNF
	Anett TORMA	02 APR 1984	HUN	DQ
	Lisa GUILLARD	03 MAR 2006	FRA	DQ
	Paula Milena TORRES	17 OCT 2000	ECU	DQ

Half Marathon Race Walk Men

The lead group at 5,095 km was headed by **Andrea Cosi** (ITA) and **Francesco Fortunato** (ITA). The pack also includes **Declan Tingay** (AUS), **Leo Kopp** (GER), **Christopher Linke** (GER), **Noel Chama** (MEX), **David Hurtado** (ECU), **Matteo Giupponi** (ITA), **Eider Arevalo** (COL). **Caio Bonfim** (BRA) passed 25m behind.

Between 5km and 9km the pace was still set by Andrea Cosi who gains a few meters on other walkers. The mid-race pass again saw Cosi leading the pack in 40:37. His lead had been reduced to 1 second and the chasers were still the same athletes, with two more in **Ivan Lopez** (ESP) and **Veli-Matti Partanen** (FIN). Caio Bonfim was still 13 seconds behind the leader.

At 12.095 the situation changed as shortly before Declan Tingay forced the pace and detached Linke, Cosi and Fortunato by 6 seconds. Behind them Hurtado, Arevalo and Lopez. Bonfim was now 8 seconds off the leader.

After 1:10:00 of the race, Fortunato and Hurtado forced the pace and gained ten meters on Cosi who was caught by Bonfim.

The next round Hurtado received the third red card and was stopped in Penalty Zone. Now Bonfim was second, Cosi third and Linke fourth.

At the bell Fortunato led in 1:19:20, with Bonfim following in 1:19:46. Cosi was third in 1:19:54, followed a few meters back by Linke.

The last lap was a catwalk for Francesco Fortunato who won in **1:23:00**. Second place went to Caio Bonfim in **1:23:40**. For the third place Christopher Linke (**1:23:46**) has the better of Andrea Cosi (**1:23:59**) who had to pay attention and resist the return of Eider Arevalo (**1:23:59**). Sixth place went to **Aurelien Quinion** (FRA) in **1:24:01**.

“I couldn’t be happier than that – said Francesco Fortunato – “although it was not easy to get here and compete again four weeks from the middle of the team World Championships, but I was focused and had good feelings. I am very happy for my last five kilometers, and very fast. another important win. I wasn’t thinking about the European record, some of the strongest were present, and now let’s see what happens in the season”.

Sensational the change of pace of the Italian that becomes impressive for everyone with two partials of 3:44 in the last and penultimate kilometers, 18:47 in the final five, confirming to be in terrible condition.

(Editors note: From social media we have discovered that the real goal of this season of Fortunato is to participate in the famous Italian television program “Dancing with the stars”, for which he is always ready!)

Fortunato set new Area and Italian records. Linke, Arevalo and Quinion set new German, Colombian and French National records. Cosi obtained the only the new personal best. What a race!

Half Marathon Race Walk Men

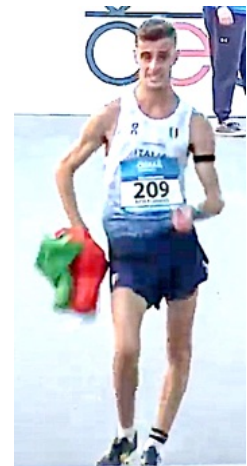
The lead group at 5,095 km was headed by **Andrea Cosi** (ITA) and **Francesco Fortunato** (ITA). The pack also includes **Declan Tingay** (AUS), **Leo Kopp** (GER), **Christopher Linke** (GER), **Noel Chama** (MEX), **David Hurtado** (ECU), **Matteo Giupponi** (ITA), **Eider Arevalo** (COL). **Caio Bonfim** (BRA) passed 25m behind.

Between 5km and 9km the pace was still set by Andrea Cosi who gains a few meters on other walkers. The mid-race pass again saw Cosi leading the pack in 40:37. His lead had been reduced to 1 second and the chasers were still the same athletes, with two more in **Ivan Lopez** (ESP) and **Veli-Matti Partanen** (FIN). Caio Bonfim was still 13 seconds behind the leader.

At 12.095 the situation changed as shortly before Declan Tingay forced the pace and detached Linke, Cosi and Fortunato by 6 seconds. Behind them Hurtado, Arevalo and Lopez. Bonfim was now 8 seconds off the leader.

After 1:10:00 of the race, Fortunato and Hurtado forced the pace and gained ten meters on Cosi who was caught by Bonfim.

The next round Hurtado received the third red card and was stopped in Penalty Zone. Now Bonfim was second, Cosi third and Linke fourth.



At the bell Fortunato led in 1:19:20, with Bonfim following in 1:19:46. Cosi was third in 1:19:54, followed a few meters back by Linke.

The last lap was a catwalk for Francesco Fortunato who won in **1:23:00**. Second place went to Caio Bonfim in **1:23:40**. For the third place Christopher Linke (**1:23:46**) has the better of Andrea Cosi (**1:23:59**) who had to pay attention and resist the return of Eider Arevalo (**1:23:59**). Sixth place went to **Aurelien Quinion** (FRA) in **1:24:01**.

“I couldn’t be happier than that – said Francesco Fortunato – “although it was not easy to get here and compete again four weeks from the middle of the team World Championships, but I was focused and had good feelings. I am very happy for my last five kilometers, and very fast. another important win. I wasn’t thinking about the European record, some of the strongest were present, and now let’s see what happens in the season”.

Sensational the change of pace of the Italian that becomes impressive for everyone with two partials of 3:44 in the last and penultimate kilometers, 18:47 in the final five, confirming to be in terrible condition.

(Editors note: From social media we have discovered that the real goal of this season of Fortunato is to participate in the famous Italian television program “Dancing with the stars”, for which he is always ready!)

Fortunato set new Area and Italian records. Linke, Arevalo and Quinion set new German, Colombian and French National records. Cosi obtained the only the new personal best. What a race!

Men Half-Marathon Walk

1.	Francesco FORTUNATO	13 DEC 1994	ITA	1:23:00
2.	Caio BONFIM	19 MAR 1991	BRA	1:23:40
3.	Christopher LINKE	24 OCT 1988	GER	1:23:46
4.	Andrea COSI	30 APR 2001	ITA	1:23:59
5.	Eider ARÉVALO	09 MAR 1993	COL	1:23:59
6.	Aurélien QUINION	27 JAN 1993	FRA	1:24:01
7.	Leo KÖPP	23 MAY 1998	GER	1:24:27
8.	Declan TINGAY	06 FEB 1999	AUS	1:24:49
9.	Iván LÓPEZ	29 MAR 1997	ESP	1:25:05
10.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:25:31
11.	César CÓRDOVA FERNÁNDEZ	20 OCT 2002	MEX	1:25:54
12.	Killian LEBRETON	23 AUG 2000	FRA	1:26:10
13.	Veli-Matti PARTANEN	28 OCT 1991	FIN	1:26:27
14.	Oscar MARTINEZ	28 SEP 2003	ESP	1:26:42
15.	Martin MADELINE-DEGY	07 MAR 2001	FRA	1:27:11
16.	Frederick WEIGEL	08 MAY 2005	GER	1:27:30
17.	Gabriele GAMBA	22 JAN 2002	ITA	1:27:32
18.	Adam ZAJÍČEK	09 MAY 2003	CZE	1:27:37
19.	Maher BEN HLIMA	24 JUL 1989	POL	1:27:49
20.	Albert KUKLA	13 JAN 2005	CZE	1:27:50
21.	William SINGH	01 MAR 2002	IND	1:27:50
22.	Georgiy SHEIKO	24 AUG 1989	KAZ	1:27:55
23.	Mattéo DUC	25 MAR 2001	FRA	1:28:06
24.	Matteo GIUPPONI	08 OCT 1988	ITA	1:28:29
25.	Nick CHRISTIE	29 SEP 1991	USA	1:28:35
26.	Jerry JOKINEN	18 MAR 2002	FIN	1:28:39
27.	Max Batista GONC. DOS SANTOS	09 OCT 1994	BRA	1:28:46
28.	Jassam ABU EL Wafa	03 JUL 2004	GER	1:29:08
29.	Xavier MENA	18 MAY 1998	ECU	1:29:14
30.	Miguel ESPINOSA	30 JAN 2006	ESP	1:29:25
31.	Vít HLAVÁČ	26 FEB 1997	CZE	1:29:54
32.	Omar MORETTI	26 AUG 2006	ITA	1:30:26
33.	Luigi REIS	17 OCT 2003	ITA	1:31:20
34.	Ever Jair PALMA OLIVARES	18 MAR 1992	MEX	1:31:54
35.	Emmanuel CORVERA	25 MAR 1993	USA	1:32:00
36.	Aymeric HUE	15 AUG 2001	FRA	1:32:23
37.	Cristian SERRA	23 AUG 2005	ITA	1:32:27
38.	Michal MORVAY	19 AUG 1996	SVK	1:33:11
39.	Jakub BÁTOVSKÝ	18 JUN 2005	SVK	1:33:23
40.	Ivan RAGOZZINO	2005	ITA	1:33:27
41.	Jordan CRAWFORD	04 JAN 2000	USA	1:33:33
42.	Carlos Alberto OLIVARES	28 OCT 2005	MEX	1:34:00
43.	Matteo ARISI	20 DEC 2006	ITA	1:34:22
44.	Cameron CORBISHLEY	31 MAR 1997	GBR	1:35:34
45.	Lorenzo MORTARI	2006	ITA	1:35:41
46.	Arvid KOCKEL	21 SEP 2005	GER	1:37:03
47.	Giuseppe MARCHIONNO	01 JUN 2008	ITA	1:38:26
48.	Federico CIASCETTI	04 DEC 2005	ITA	1:39:41
49.	Alessio CICCARESE	28 JUN 2005	ITA	1:40:13
50.	Konstantinos-A. NTENTOPOULOS	01 MAY 1994	GRE	1:40:44

51.	Lukáš GDULA	06 DEC 1991	CZE	1:41:53
52.	Roman HANYK	06 JUN 2004	CZE	1:42:14
53.	Jaromír HLOCH	04 APR 1992	CZE	1:47:40
54.	Jiří ARNOŠT	2006	CZE	1:48:15
55.	Matti SCHMIDT	07 SEP 2007	GER	1:48:30
56.	Alexandr MALYSA	10 NOV 1997	CZE	1:50:34
57.	AJ GRUTTADAURO	11 DEC 1997	USA	1:52:05
58.	John LI	1992	USA	1:54:13
59.	Tomáš GLOSER	2006	CZE	1:56:31
60.	Péter SCHWARCZ	09 NOV 2006	HUN	2:00:44
61.	Jindřich PSŮTKA	1997	CZE	2:08:30
	Dominik ČERNÝ	01 NOV 1997	SVK	DNF
	Alessandro REBOSIO	2006	ITA	DNF
	Brian Daniel PINTADO	29 JUL 1995	ECU	DNF
	Nikita KUZMIN	02 JUL 2006	KAZ	DNF
	Georgios KRITOULIS	13 DEC 2004	GRE	DNF
	Noel CHAMA	15 SEP 1997	MEX	DNF
	Joni HAVA	14 JUN 1999	FIN	DNF
	Matthew GLENNON	14 NOV 2003	IRL	DNF
	Jefferson SEGURA	08 DEC 1998	MEX	DNF
	Mateusz NOWAK	06 MAY 1996	POL	DQ
	Teodorico CAPORASO	14 SEP 1987	ITA	DQ
	David HURTADO	21 APR 1999	ECU	DQ
	Pablo GOMEZ	01 JAN 1971	USA	DQ
	Amanjot SINGH	19 MAR 1999	IND	DQ
	Nick Joel RICHARDT	04 DEC 2006	GER	DQ

10km U20 Men

After 5 km a group of four athletes lead the race (21:15). They were: **Clément Rabreau** (FRA), **Lucio Di Lizio** (ITA), **Gabriel Gonzalez** (ESP), **Nicolas Collazo** (ESP). They were followed by **Miguel De Arriba** (ESP) in 21:22. They passed at 3km in 12:56 and at 4km in 17:06.

It was mostly the French athlete who set the pace and the four passed together, both at 7km (29:39) and at 8km (33:50). Before the ninth passage Gabriel Gonzalez forced the pace and passed at 9km in 37:51 followed by Clément Rabreau and Lucio Di Lizio (37:55).

In the last lap, everything happened.

Gonzalez struck again and flew confidently to victory. Clément Rabreau pulled ahead of Lucio Di Lizio and went on to collect a prestigious second place.

Nicolas Collazo recovered almost 15 meters to Lucio Di Lizio and 500m from the arrival pull ahead of him. The Italian gave up, but the jury DQed Collazo so Di Lizio wins the bronze. Fourth place went to **Joel Peltonen** (FIN).

Men U20 10 Kilometres

1.	Gabriel GONZÁLEZ	11 FEB 2009	ESP	41:48
2.	Clement RABREAU	03 AUG 2007	FRA	41:55
3.	Lucio DI LIZIO	2009	ITA	42:05
4.	Joel PELTONEN	18 JUN 2007	FIN	43:21
5.	Matteo HENAULT	2009	FRA	43:28
6.	Manuel AZZOLINI	2009	ITA	43:28
7.	Gaetano MUNAFO'	2007	ITA	43:28
8.	Yegor STRUKOV	21 AUG 2007	KAZ	43:28
9.	Miguel DE ARRIBA	15 FEB 2008	ESP	43:39
10.	Diego RASO	2007	ITA	43:47
11.	Gabin VANHILLE	15 MAY 2009	FRA	44:13
12.	Jakub MAŽGÚT	06 AUG 2007	SVK	44:33
13.	Vojtěch VEJVANČICKÝ	08 SEP 2008	CZE	45:00
14.	Šimon BÁTOVSKÝ	26 FEB 2008	SVK	45:51
15.	Gianluca MAGGI	2009	ITA	45:53
16.	Gael PLASENCIA	16 SEP 2008	USA	47:42
17.	Marek RÖSLER	19 MAY 2008	CZE	47:49
18.	Simone FORLANELLI	2010	ITA	47:51
19.	Dávid LIGETI	24 APR 2009	HUN	47:52
20.	Ian BRITT	12 JUL 2008	USA	47:57
21.	Dániel SZÓNOK	10 JUL 2008	HUN	48:05
22.	Mario CRISTIANO	2008	ITA	50:10
23.	Cristian LIBRANDI	2010	ITA	50:23
24.	Matthew WOMBACKER	17 DEC 2007	USA	52:18
	Francesco SPORTELLI	2007	ITA	DQ
	Jákob PÓCZE	28 NOV 2007	HUN	DQ

1**0km U20 Women**

The race of the U20 athletes offered the solo of **Serena Di Fabio** (ITA) who went immediately to the top of the race and maintained the position until the end.

Equally interesting, although with some technical problems detected by the jury, was the race of the other two Italian athletes in the race who accompanied the winner on the podium settling for places of honor: **Rebecca D'Alessandro** and **Francesca Gloria Buselli**.

Behind the Italian trio arrived the two Spanish athletes **Paula Elvira Moreno** and **Ana Gonzalez**.

Women U20 10 Kilometres

1.	Serena DI FABIO	23 NOV 2007	ITA	43:28
2.	Rebecca D'ALESSANDRO	2009	ITA	45:51
3.	Francesca Gloria BUSELLI	15 SEP 2007	ITA	47:14
4.	Paula Elvira MORENO	16 JUN 2010	ESP	47:48
5.	Ana GONZALEZ	30 AUG 2010	ESP	47:55
6.	Lison CHARPENTIER	28 DEC 2008	FRA	48:03
7.	Sára Kata ALFÖLDI	08 JUL 2009	HUN	48:18
8.	Sara SOSPEDRA	06 FEB 2007	ESP	48:54
9.	Eleonore BRENNEY	11 JAN 2009	FRA	49:21
10.	Mia BANDOLY	2007	GER	49:41
11.	Anna BASILICO	2008	ITA	49:57
12.	Julia LEBEAU	23 NOV 2008	FRA	50:16
13.	Zoe MACABEY	09 JUL 2008	FRA	51:04
14.	Kateřina HROMÁDKOVÁ	2008	CZE	53:17
15.	Noémi VANCSÓ	02 JAN 2008	HUN	54:56
16.	Klára SOUČKOVÁ	2008	CZE	55:02
17.	Enikő VANCSÓ	07 OCT 2009	HUN	55:11
18.	Julia SALLINGER	2007	GER	56:51
19.	Peggy MARIE	10 DEC 2007	FRA	56:57
20.	Laura TESTA	2010	ITA	58:54
21.	Eliška KOKOŘOVÁ	23 DEC 2007	CZE	59:24
	Maria-Lena CARNIEL	19 APR 2008	GER	DNF
	Maria Belén MOREJON	02 AUG 2007	ECU	DQ
	Nela ŠTEFKOVÁ	2008	CZE	DQ
	Daphne GATEAU-FERNEZ	2009	FRA	DQ
	Caterina CARISSIMI	2010	ITA	DQ

*Full results, all age groups: <https://worldathletics.org/competition/calendar-results/results/7228658>

(Photo source: Nicola Maggio)

LITHUANIA: 52nd International Sport Walking Festival, 2 May - Alytus
--

Ukraine's walkers dominate at Alytus

By **Nicola Maggio** (reprinted from *Marcia dal Mondo* – 8 May)

On the first Saturday of May, the 52nd International Sports Walking Festival “Alytus 2026“. At the same time, it is – World Athletics Tour Silver competition and the first Lithuanian athletic walking half marathon championship.

Half Marathon Men

The international festival was dominated by Ukrainians: in fact the first six places in the race were won by Ukrainian athletes. **Mykola Rushchak** won the first place (**1:26:16**), second place to **Serhii Svitlychnyi** (**1:28:46**), and the third place was won by **Eduard Muravskiy** (**1:34:47**). Although the country's young male walkers do not have such ambitious goals yet, their performance in Alytus was pleasantly surprising. Twenty-year-old **Lukas Lasevičius**, who completed the half marathon distance for the first time, triumphed in the Lithuanian championship (**1:45:13**), silver was awarded to **Tauras Jokūbas Grincevičius**, who celebrated his 22nd birthday just a few days ago (**1:46:18**), and the third place was enjoyed by the experienced 45-year-old walker **Darius Jazepčikas** (**1:47:01**).

Men Half-Marathon

1.	Mukola RUSHCHAK	30 OCT 2003	UKR	1:26:16
2.	Serhii SVITLYCHNYI	13 JUL 1994	UKR	1:28:46
3.	Eduard MURAVSKYI	28 JUL 2006	UKR	1:34:47
4.	Yevhen SOLDATENKO	25 JUN 2005	UKR	1:35:38
5.	Yehor SHELEST	13 JUL 2002	UKR	1:36:52
6.	Oleksii POLISHCHUK	18 APR 2005	UKR	1:38:13

7.	Lukas LASEVIČIUS	22 JUN 2005	LTU	1:45:13
8.	Tauras Jokūbas GRINCEVIČIUS	27 APR 2004	LTU	1:46:18
9.	Darius JEZEPČIKAS	06 MAY 1980	LTU	1:47:01
10.	Chun Hung TSE	23 DEC 1981	HKG	1:49:58
11.	Gatis Kristiāns ROMANOVŠ	26 MAR 2006	LAT	1:55:29
12.	Markuss MIČULIS	29 OCT 2007	LAT	1:57:47
13.	Thomas GLOAGUEN	11 JUL 1996	FRA	2:01:37
14.	Modris LIEPIŅŠ	03 AUG 1966	LAT	2:10:47
	Deividas BALEVIČIUS	20 OCT 1999	LTU	DNF

Half Marathon Women

The victory in the women's half marathon also went to an athlete from Ukraine. **Lyudmyla Olianovska** stopped the clock at the finish line in **1:34:18** in front of **Mayara Luize Vicentaine** (BRA) who finished in 1:40:37). **Austėja Kavaliauskaitė** (LTU) performed very successfully here – she covered the distance in **1:42:27** seconds and took 3rd place.

Austėja Kavaliauskaitė overtook Lithuania's closest rival – **Nadezhda Novikova** (2:04:40 – 6th place overall) by more than 20 minutes, so she confidently won the gold medal of the Lithuanian championship. Despite winning two medals, the athlete admits that there was no shortage of challenges on the track, and she herself hoped to perform better.

“The start was not the easiest. The first half of the competition was quite good, according to plan, but in the second half my digestion stopped, so the pace slowed down, and the final result was not what we wanted. The competition itself and the conditions were really good, the competitors were strong”.

Austėja Kavaliauskaitė shares her impressions. She adds that the worse well-being could also have been caused by the intense period of competition – just three weeks ago, the athlete participated in the World Athletic Walking Team Championships in Brazil, and at the beginning of March she covered the same distance – half marathon – at a record speed (1:40:14) in Slovakia. *“I already want to rest...”* – summarizes the most capable walker in the country.

When asked about the main goals of this season, Austėja Kavaliauskaitė does not hesitate to answer that it is August 10-16. The European Athletics Championships will take place in Birmingham (UK). Thirty-five of the strongest walkers from the Old Continent will compete in it, she is currently in 24th place in the qualification ranking.

Children, juniors, juniors, youth and masters competed in separate categories of the competition, while the Lithuanian Sports Walking Cup was won by the Kaunas team, slightly ahead of Švenčionis.

Women Half-Marathon

1.	Lyudmila OLYANOVSKA	20 FEB 1993	UKR	1:34:18
2.	Mayara Luize VICENTAINER	03 FEB 1991	BRA	1:40:37
3.	Austėja KAVALIAUSKAITĖ	25 MAY 2000	LTU	1:42:27
4.	Anniina KIVIMÄKI	03 MAR 1999	FIN	1:52:26
5.	Modra LIEPIŅA	02 AUG 1985	LAT	1:53:29
6.	Nadežda NOVIKOVA	12 DEC 2006	LTU	2:04:40
	Sau Man NG	31 OCT 1980	HKG	DNF

The Portuguese race walking blog **O Marchador** posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, May 11, 2026 - **Central American Under-18 and Under-20 Championships – Managua 2026 (results)**
<https://omarchador.blogspot.com/2026/05/campeonatos-centro-americanos-sub-18-e.html>
- Sunday, May 10, 2026 - **Francesco Fortunato victorious in Poděbrady (2026)**
<https://omarchador.blogspot.com/2026/05/francesco-fortunato-vitorioso-em.html>
- **Saturday, May 9, 2026 - Kimberly García makes her mark in Poděbrady (2026)**
<https://omarchador.blogspot.com/2026/05/kimberly-garcia-impoe-se-em-podebrady.html>
- Saturday, May 9, 2026 - **The 33rd Rio Maior International Race Walking Grand Prix takes place in just one week.**
<https://omarchador.blogspot.com/2026/05/o-33-grande-premio-internacional-de.html>
- Friday, May 8, 2026 - **Exhibition race walking at the Golden Games in Nobeoka, Japan (results)**
<https://omarchador.blogspot.com/2026/05/marcha-atletica-de-exibicao-nos-golden.html>

- Wednesday, May 6, 2026 - Evelyn Inga and Luis Henry Campos triumph in the Peruvian 10,000 m walking championships – Lima 2026 <https://omarchador.blogspot.com/2026/05/evelyn-inga-e-luis-henry-campos.html>
- Tuesday, May 5, 2026 - EMACNS Catania 2026: Women's 20km W35+ (results) <https://omarchador.blogspot.com/2026/05/amacns-catania-2026-20-km-femininos-w35.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

**** H&T Online - NOTICE BOARD ****

**** A.C.T. 59th Lake Burley Griffin Carnival, 7 June**

LBG Carnival name change ... ideas sought

As many of you would be aware, the LBG Carnival was named after the Lake Burley Griffin location where the event was held for ~50 years. Due to difficulties in security government approval for the event, the carnival moved to the Stromlo Forest Park location where it continues today.

The RWA Committee in conjunction with the states has decided that 2026 will be the last year the carnival is called LBG, and we will introduce a new name from 2027 onwards. That will also mark the carnivals 60th anniversary which we think is fitting.

We are looking to the broader walking community to come up with the new name, and are running a competition. Name can be submitted at [this website](#) and there is no limit to the number of submissions that anyone can provide.

Submissions close on the 31 May 2026, and the new name will be announced during the final presentation session at this years carnival. The person or people that propose the name will be recognised during the presentation, and forever have bragging rights.

Kai Ryan
President, ACTRWC

**** VRWC ANNUAL FEES**

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2026:

Senior (Open and Masters) \$30.00
Under 20: \$25.00
Under 16: \$15.00
Associate (Officials who assist with races throughout the year): \$ 0.00
Family membership: \$50.00

Annual Subscriptions are due on **April 1st** of each calendar year.

***Inner metro** and **outside ring metro** members pay full fees.

(The **outside ring** of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington.)

***Country members** ... pay **50%** of the annual fee.

Municipalities/districts beyond the outside ring are considered country areas.

To re-register – or to register for the first time – go to <https://www.revolutionise.com.au/vrwc/registration>

**** VRWC RACE FEES**

Seasons ticket 12 months: Financial members: \$150.00 paid by the **end of May**.
VRWC Club Races: Race fee: \$15.00.
VRWC Championships: Race fee: \$15.00

Season's ticket: All VRWC races only ... **not** Little Athletics, AV, VMA or RWA.

***UNIFORMS** - Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$45.



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

MAY

Saturday 16 th May	VRWC Points races	Middle Park
Saturday 16 th May	Coaching seminar for parents, athletes and coaches	Middle Park
Sunday 24 th May	AV, AV SCHOOLS & VRWC CHAMPIONSHIPS	Middle Park
Saturday 30 th May	VRWC Points races	Middle Park

**** A.C.T. 59th Lake Burley Griffin Carnival**

Saturday & Sunday 6/7 June

Stromlo Forest Park, Canberra

Hosted by the ACT Race & Fitness Walking Club Inc.

Place your event entries and download your copy of the **Information Pack** from
<https://www.revolutionise.com.au/vrwc/events/342804>

JUNE

Sat/Sun 6th/7th June	RWA 59th Annual Lake Burley Griffin Carnival,	Canberra
Saturday 13th June	VRWC events. & LA Vic Championships,	Middle Park
Saturday 13th June	Judging course and Coaching seminar	Middle Park
Saturday 20th June	VRWC Points races	Middle Park
Saturday 27th June	VRWC Points races & Prize Day	Middle Park

JULY

Saturday 4 th July	Racewalking Australia Postal Challenge event & VMA 10km C'ship	Middle Park
Saturday 11 th July	VRWC Points races	Middle Park
Saturday 18 th July	VRWC Points races and Interval races	Middle Park
Sunday 26 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park

AUGUST

Saturday 1 st August	VRWC Points races	Middle Park
Saturday 8 th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 15 th August	VRWC Last points race	Middle Park
Sunday 23 rd August	AA JUNIOR CHAMPIONSHIPS	Ballarat
Saturday 29 th August	VRWC non points race day	Middle Park

September

Saturday 5 th September	AV 5km teams, VMA 5km track c'ship & VRWC events	Mentone Track
Sunday 13 th September	VRWC relay race and Seasons Presentations	Middle Park

Victorian & National Key Dates – 2025/2026

Sun 24 May 2026	AV, VMA & VRWC Half Marathon, AV Schools C'ships – Middle Park
Sun 7 Jun 2026	59 th LBG Walking Carnival (inc. AA & RWA Marathon & H-M c'ships) – Canberra ACT
Sat 13 Jun 2026	LAVic Road walk Championships – Middle Park
Sat 4 Jul 2026	VMA 10km Road walk Championship & RWA Challenge – Middle Park
Sun 26 Jul 2026	AV 30km C'ship inc. Jared Tallent Trophy & VRWC c'ships – Middle Park
Sat 8 Aug 2026	AV 15km Championships & VRWC c'ships
Sun 23 Aug 2026	AA Junior Road walk Championships – Ballarat VIC
Sat 5 Sep 2026	AV 5000m Teams & VMA Championships - Mentone

International Dates

18-23 May 2026	2026 Oceania Athletics C'ships – Darwin NT, AUS
23 May 2026	XXXIX Gran Premio Cantones de A Coruna de Marcha (WA Tour Gold) – La Coruna, ESP
31 Jul 2026	Commonwealth Games 10,000m Walk finals – Glasgow, SCO
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
22 Aug-3 Sep 2026	World Masters Athletics Championships – Daegu, KOR
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most racewalking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au